

## Getting It Together

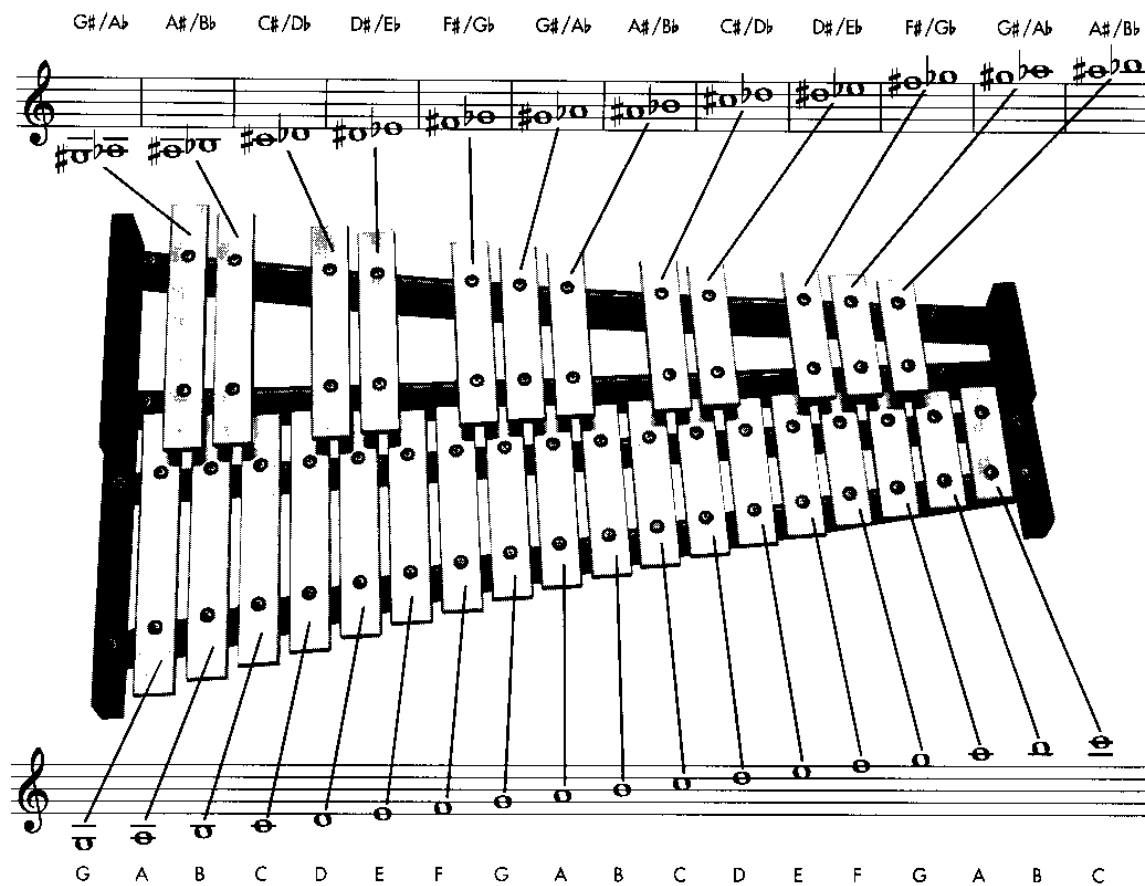
**Step 1** - Stand in a comfortable position near the instrument. The raised keys should be pointing away from you.

**Step 2** - If you are playing orchestra bells, set the instrument on a table or stand about waist high. The larger keys should be on the left.

**Step 3** - Adjust the music stand to about eye level. This enables you to easily read the music and watch your teacher.

**Step 4** - Hold the mallets as described on page 2.

**Step 5** - The sequence of keys for all keyboard percussion instruments is the same as the piano. Notice that the sequence is in alphabetical order from A-G. This diagram of orchestra bells will help you find **F**. Ask your teacher to help you play **F** if you are playing a different keyboard percussion instrument.



### Let's Play!

This special exercise is just for keyboard percussionists. At your teacher's direction, strike the center of the **F** key as shown:

Try this exercise several times.

**R**   **L**   **R**   **L**   | **REST** |   **R**   **L**   **R**   **L**   | **REST** |  
**F**   **F**   **F**   **F**     **F**   **F**   **F**   **F**

## THE BASICS

### Posture

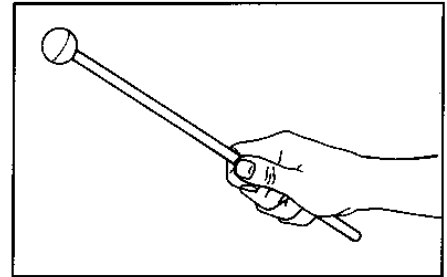
Stand near your instrument, and always keep your:

- Spine straight and tall
- Shoulders back and relaxed
- Feet flat on the floor

### Matched Grip (A Natural Stick Position)

Every percussion instrument requiring sticks or mallets can be played with this basic grip. Both sticks or mallets are held exactly the same “matched” way.

- Place the mallets in front of you with the heads pointing forward.
- Extend your right hand as if shaking hands with someone.
- Pick up the right mallet with your thumb and index finger about 1/3 from the end of the stick.
- The curve of your index finger's top knuckle and the thumb hold the mallet in place.
- Gently curve your other fingers around the mallet.
- Check to be sure the mallet is cradled in the palm of your hand.
- Turn your hand palm-down to a comfortable resting position as shown:
- Follow the same procedure for your left hand.



### Practice & Performance Position

- Stand in front of a flat surface about waist high.
- Place the heads of the sticks on the surface. Make sure that your wrists are not turned in or out.
- The mallets should create the outline of a slice of pie as you look at them.
- When playing your instrument, hold mallets 6-8 inches from the surface. Using your wrist, throw the mallet near the center of one key. Pull the sound out of the keys by bringing the mallet up after the strike.

### Sticking Work-Outs

**R** = Right hand mallet

**L** = Left hand mallet

Find the largest key at the left end of the instrument. Play the following work-out keeping an even pulse when playing and resting:

● = Strike near the center of the key.

**R      L      R      L      | REST |      R      L      R      L      | REST |**  
●      ●      ●      ●           ●      ●      ●      ●

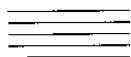
## Beat • The Pulse of Music

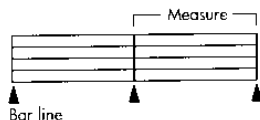
One beat = tap foot down on the number and up on the "&." Count and tap when playing or resting.

Count 1 & 2 & 3 & 4 &  
Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

## Staff, Bar Lines & Measures

Bar lines divide the music staff into measures. The measures on this page have four beats each.


 = Music Staff




## Notes & Rests

Notes tell us how high or low to play and how long to play. Notes are placed on a line or space of the music staff.

Rests tell us to count silent beats.

 Quarter Note = 1 Beat

 Quarter Rest = 1 Silent Beat

**Fermata**  Hold the note longer, or until your director tells you to release it.

## 1. COUNT AND PLAY


**F** 

Play R L R L R L R L

Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓

## 2. A NEW NOTE

**E** 

E-flat

R L R L R L R L

Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓

## 3. TWO'S A TEAM

R L R L R L R L

Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓

## 4. THE NEXT NOTE

**G** 

R L R L R L R L

Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓

## 5. DOWN AND UP

R L R L R L R L

Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓

## 6. ROLLING ALONG

R L R L R L R L R L R L R

Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

R L R L R L R L R L R

Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Go to next line. ▼